List each food.	Record the serving sizes in measurements such as: cups, ounces, teaspoons or other	
Day 1	Day 2	<u>Day</u> 3
Breakfast	Breakfast	Breakfast
<b>D</b> .		
Dinner	Dinner	Dinner
<u>Dinner</u>	Dinner	<u>Dinner</u>

Supper



Supper

## **Snacks:**

Supper